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Depression: Know the Signs

There's a real difference between occasionally feeling sad, lonely, or depressed about life's struggles, and being clinically depressed. When negative feelings stop you from participating in life, it's time to see a doctor.

- * Low energy and fatigue
- * Feelings of hopelessness, emptiness, or pessimism
- * Loss of interest in hobbies or pastimes
- * Loss of appetite or overeating
- * Insomnia or excessive sleeping
- * Chronic headaches, pain, or digestive issues.

If you or someone you care about shows these signs, don't wait to get help.

Work & Wellbeing

From The Solutions Group

How to Help Someone Who's Depressed

Nearly 7% of the U.S. adult population suffered at least one major depressive episode in the last year, making depression one of the most common mental disorders in America. **October is National Depression & Mental Health Awareness month**, and even if you don't suffer from depression yourself, it's a good time to think about how to best help a friend or loved one who does.

1. Don't ask very general questions; you won't get a meaningful answer. Instead of "How are you?" ask: "How are you today compared to yesterday?"

2. Try to get the person out. He or she will want to isolate themselves--hibernate, even--but this is exactly what should not happen. Take walks, go shopping, go to a movie, do whatever you have to do to get the person out of the environment they are trying to take shelter in. If you meet with resistance, be persistent but not unreasonable.



3. Don't be afraid to let your spouse, relative or friend talk about whatever they want to. Even if they mention [self-injury](#), or suicide, you are not endangering them by listening. Talking helps them deal with these feelings.

4. Keep an eye out for any major changes in behavior, which can signal trouble These can include appetite, sleep habits, [drinking or drug abuse](#).

5. Little things go a long way for someone with [clinical depression](#). Small gifts and favors seem much bigger to them than to you. For example, leave the person a short note with a smiley face on it. Even if it seems silly or hokey, small considerations will help.

From www.healthyplace.com

Salmon Salad



Ingredients

- 1 (6-ounce) can wild Alaskan salmon, packed in water
- 1 large stalk celery, minced
- 4 radishes, minced
- 1 tablespoon minced red onion
- Half a Granny Smith apple, minced
- 2 -3 Tbs. minced flat-leaf parsley
- 2 tsp. fresh lime juice
- 3 -4 Tbs. reduced-fat mayonnaise
- ¼ cup minced walnuts, lightly toasted

Instructions

Place the fish in a bowl and flake with a fork. Add remaining ingredients and mix well.

Serves 2

Adapted from "Mollie's Favorite Walnut Recipes" by Mollie Katzen.

Burn Calories While You Clean Up

While you can definitely blast away calories with a five-mile run or an hour-long cardio class, you might be surprised at how many calories you burn doing everyday household chores. Just think how much more tolerable folding laundry can be when you know you're burning calories! Here's how many calories a 150-lb. person burns doing 15 minutes of different household chores:

- Vacuuming – 26
- Washing windows – 34
- Cooking – 17
- Washing dishes – 22
- Doing laundry – 17
- Putting away items while walking around – 34
- Making the bed – 17



**The
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